

CLAIMS

1. A composition having oxidative stability comprising: an organic substance having a double bond which contains an antioxidant comprising an antioxidative sesame component and ascorbic acid or an ascorbyl fatty acid ester.
2. A composition according to claim 1, wherein the double bond has active methylene, or located at the end of the organic substance.
3. A composition according to claim 1, wherein the organic substance having the double bond is a polyunsaturated fatty acid or its salt or ester.
4. A composition according to claim 3, wherein the polyunsaturated fatty acid contains at least one of eicosapentaenoic acid and docosahexaenoic acid.
5. A composition according to claim 3 or 4, wherein the ester of the polyunsaturated fatty acid is a triglyceride containing the polyunsaturated fatty acid as a constituent, or a lower alcohol ester of the polyunsaturated fatty acid.
6. A composition according to claim 3 or 4, wherein the ester of the polyunsaturated fatty acid is added in a form of refined fish oil.
7. A composition according to any one of claim 1 to 6, wherein the antioxidative sesame component is at least one of the substances represented by peaks detected by high-

performance liquid chromatography using an electrochemical detector at elution times of about 2.66, 3.40, 3.84, 4.57, 4.98, 5.82, 7.00, 8.67, 9.84, 11.24, 12.29, 12.49, 13.36, 14.04, 14.32, 14.74, 15.22, 15.60, 15.82, 16.34, 16.98, 18.10, 18.43, and 34.91 minutes.

8. A composition according to any one of claim 1 to 6, wherein the antioxidative sesame component is extracted from sesame, sesame oil, or sesame residue, using a solvent, a lipid, or an emulsifier singly or in combination.

10 9. A composition according to any one of claim 1 to 6, wherein the antioxidative sesame component is at least one selected from the group consisting of sesamol, sesaminol, episesaminol, pinoresinol, epihinoresinol, syringaresinol, samine, sesamolinol, and 2,3-di(4'-hydroxy-3'-methoxybenzyl)-2-buten-4-olide.

10. A composition according to any one of claim 1 to 9, wherein the ascorbyl fatty acid ester contains ascorbyl palmitate or ascorbyl stearate.

11. A composition according to any one of claim 1 to 10, wherein the ascorbic acid or the ascorbyl fatty acid ester is contained in an excessive amount more than the amount soluble in the polyunsaturated fatty acid or its salt or ester.

12. A composition according to claim 11, wherein the excessive amount of the ascorbic acid is in a powder or

solid form.

13. A composition according to any one of claim 1 to 12,
further comprising tocopherol.

14. A food containing the composition as set forth in any
5 one of claim 1 to 13.

15. A powdered oil or fat containing the composition as set
forth in any one of claim 1 to 13.

16. A powdered baby milk containing the composition as set
forth in any one of claim 1 to 13.

10 17. A health food containing the composition as set forth
in any one of claim 1 to 13.